

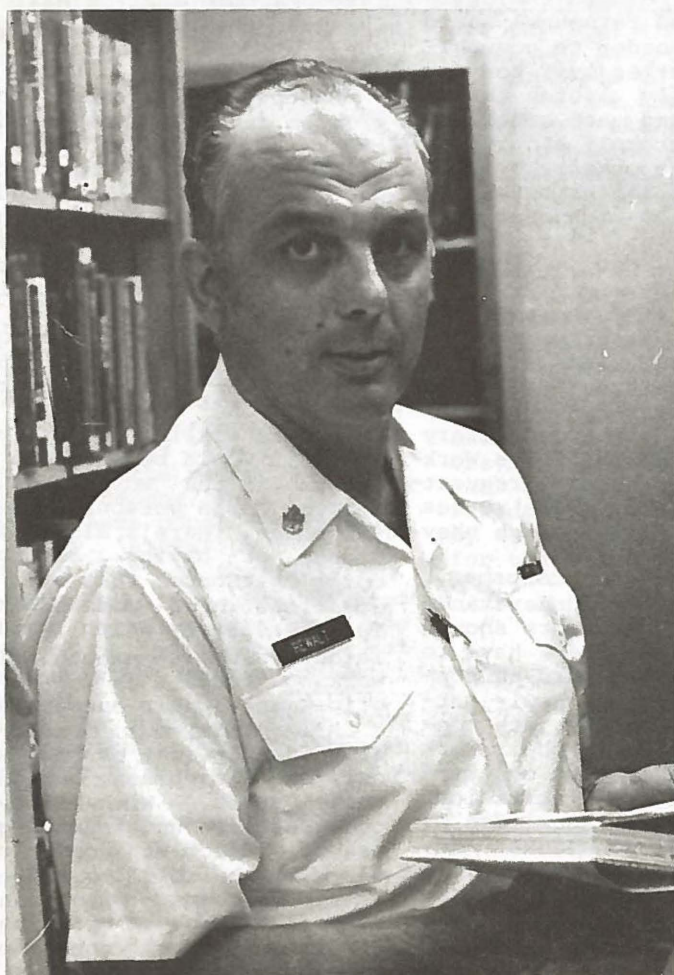
THE

CLIPPER

NRMC

MEMPHIS

A SPECIAL TRIBUTE...



A man, a very special man, departed our premises the other day. A man with more courage, faith, and self determination than many would dream of possessing. A man loved by many.

We will miss this man of great faith. This man who always held a smile for all. This man in love with life. This man held in the palm of the Lord.

Your friends will miss your cheery smile, Don, Your happy-go-lucky ways will always be with us. We have one wish for you and your family as you're piped ashore, "May God bless you and give you all the strength to carry on."

CAPTAIN C.W. BRAMLETT, MC, USN.....COMMANDING OFFICER
CAPTAIN R.H. MEADERS, MC, USN.....DIR., CLINICAL SERVICES
COMMANDER B.L. STEPHENS, MSC, USN.....DIR., ADMINISTRATIVE SERVICES

DUPLICATED BI-MONTHLY ON GOVERNMENT EQUIPMENT WITH NON-APPROPRIATED FUNDS AND IN COMPLIANCE WITH NAVEXOS P-35 REV. JULY 1958. DISTRIBUTED FREE OF CHARGE TO PERSONNEL OF THE NAVAL REGIONAL MEDICAL CENTER MEMPHIS, MILLINGTON, TENNESSEE, THE CLIPPER SOLICITS ITEMS FROM ITS READERS.

LT J.W. SHEPHERD, MSC, USN.....EDITOR-IN-CHIEF
HM3 DAWN LAWING.....EDITOR
HM3 MARK SMITH.....ART EDITOR

Rhymes of the Times



Rhymes of the Times



"Time Out"



There comes a time when we must open our eyes and allow our minds to understand what other people feel and see. This time is now for our people at NRMC.

Only a closed mind could not see our morale problem. It's so low, even our patients have commented on the fact. Now that we know what the basic problem is, how do we attempt to solve it?

First of all, improving our communication between the officer and enlisted personnel would be a start. In order to communicate, both parties must bear open minds, really listen to and try to understand each other. No thing can be accomplished if one is afraid of the other. Neither will tearing up the barracks, or any other act of ignorance result in a solution. Yet, how do our complaints get out of the passageways?

There are many courses on which we can steer our complaints, starting with our chain of command. Other routes include: the Enlisted Advisory Board, Senior Enlisted Advisors, Military Rights and Responsibilities Workshops, and if necessary, requesting Captain's Mast. These routes are for our benefit, though they are seldom used. Why?

Secondly, the ward corpsmen and women need more understanding and their supervisors should take heed to what they have to say. No wonder the ward personnel, especially the newly arrived HN's and below, are confused and insecure in their work. They are shuffled from one ward to another without sufficient time to absorb any knowledge of the first ward's functions. Remember when you first pulled ward duty - how everything seemed to be in chaos; how long it took you to get it together? Times may have changed but people are basically the same. A

little patience, further detailed training, and good rapport between management and staff would lessen this strife.

Speaking of training, when a 'boot' corpsperson arrives at his first duty station, he should be assigned to ONE experienced corpsperson for the first two weeks, rotating through nights and PM's, to get the feel of the place. The senior corpsperson is much too busy to indoctrinate these new corps people properly. How would you feel if one your first day of ward duty you were assigned to eight patients? The two mornings on the wards during corps school really doesn't give a person a chance to learn the basics, nor to put into practice what he has read. Changing the trainer daily must leave a 'boot' confused. Think about it!

Lastly, there seems to be a problem in communication when it comes to transfers from the wards. There are corps people who like the ward duty and wish to remain there, while others would rather transfer to Personnel Services for assignment. Yet it appears that those wishing to remain are transferred. I realize that certain manpower quotas are to be maintained, but it seems rather illogical to transfer someone unwillingly when there are willing souls. Furthermore, it would benefit the wards output if the more qualified, willing corps persons remain on the wards. There's also a lesser chance of having incompetent corps personnel take over the positions where more experience is necessary. Which would you rather have, a smooth flowing working staff, or one that gripes and their output is low?

All in all, our morale problem doesn't rest on the shoulders on one person, but on the whole staff. With everyone's cooperation, understanding, and use of effective communication we will be able to raise our esprit de corps. Or we can continue to keep our corps personnel in a state of confusion and insecurity. The choice is up to us!

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A BACKGAMMON TOURNAMENT
IN SEPTEMBER

INSPECTION DILEMMA

by HM3 Dawn Lawing

Standing a personnel inspection can be a nerve-wracking experience if one is a procrastinator like myself.

Even though we're given at least four days notice, I'm still running around panic-stricken getting myself together the night before, until all hours of the night.

On Monday, the notice is posted and I am one of the 'unlucky' ones, plenty of time left.

Tuesday finds me in a beauty shop for a trim. My hair would be the first thing they'd hit.

I visit the Uniform Shop on Wednesday for a new skirt, tie, hat pin or hat cover. What luck, it's in stock.

Thursday comes much too soon. I spend 1 1/2 hours doing a rush job on my skirt. Then, my complete uniform goes into the wash. (I'll get up early and iron it.) Next item on my list, are those famous shoes which really need a good going over. I try my best to find a willing Marine and if I don't, a few kind words, such as please, will bring amazing results from my husband. Now everything is set for 'The Big Day' and it's 0100.

0600 does indeed come early but, I never seem to make it out of the sack before 0630 and it's time to move - fast.

Rushing through a shower, throwing on my clothes (hope my ironing job hacks it), stopping at the Stop & Go for an extra pair of hose (one never knows), I'm five minutes late for muster. Jumping into the ranks, am I in the right company? It's too late to worry, here comes the inspection party. "ATTENTION".

Is my hat on straight? One more shoe buff on my nylon clad legs. Is my name tag on the right and on straight? Let's get this over with before my heart gives out.

Here they stand, giving me the old eyeball. Ahhhhh they've passed by; no tally's are on the board.

Dawn, you've done it again.



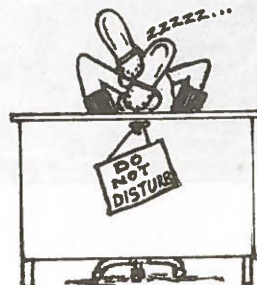
THE NAVY: A

PERSONAL OBSERVATION

by HMI Tom Kibbe

No profession in the world offers a lazy man such an opportunity to slip through life with so meager an expenditure of mental, and physical effort. By contrast alert and ambitious men have ample occasion to show their talent, utilize time to plan, perfect their skills and analyze their mistakes. The Sailor's life can only magnify those traits a man already possess: The lazy become lazier, the coward more cowardly, the lecher more lecherous, the drunkard more drunk, but also - the good become better.

Thus Sailors tend to become confirmed individualists, sometimes in an abnormal degree. One thing they all possess in common is a marked and unusual tolerance. With few exceptions, Sailors learn to live at peace with each other, granting the same freedom of action or eccentricity to others that they demand for themselves.



A Cool Corpsman

by J.C. New LCDR/RET

Sam Kool entered the Navy with the same old outlook and attitude that got him into several minor scrapes while in high school. For 18 years he had a free ride; his parents always came to his rescue, especially his mother - she knew that her son was never at fault when things went wrong. After all, if parents don't stick up for their kids - who will? All those rules and regulations in high school are silly anyway - Boys will be boys and they really don't mean any harm.

Now, Sam Kool is in the Navy Hospital Corps stationed at a Naval Regional Medical Center. His parents are no longer readily available for him to run to, but Sam's training, or lack of it, as a youth, still comes into play in his outlook and actions.

Sam can't see any reason why so many people are concerned with the way his hair looks - he knows the way he likes it.

OH NO! here comes that Chief who told Sam to get a hair cut last week and Sam just hasn't had time. He's been so busy lately. He had to go home this past week-end, (and after all, his buddies back home have longer hair than he does) and he was 15 minutes late reporting for work. Sam still doesn't know why the ward nurse got so upset because he was late - everything is such a big deal.

Sam tried to tell the Chief that he was going to get a hair cut but had been so busy, but the Chief put him on report. It seems that no one wants to adjust to Sam's ways and he just can't understand it.

Well, the Commanding Officer gave Sam 2 weeks extra duty and a fine and Sam blames the Chief. It's just not right - Sam's parents would tell you it's just not right.

Where is Sam Kool? He's two hours late for work, this is the fourth time in two weeks. Why is he late again? He's been counseled several times about being late. Sam is on report again and this time the Commanding Officer reduces him in rate, suspends it and fines him again.

CONTINUED ON PG 4

CONTINUED FROM PG 3

The personnel officer calls Sam into his office and rambles on about what Sam should do to stay out of trouble and advises him that if he continues to get into trouble he could be processed for an Administrative Discharge. It seems to Sam that everybody takes everything so seriously; his parents never got all up tight about all these minor details.

Sam is on leave and waits too long before trying to get back, no sweat, he calls and asks for an extension - his mother is not feeling well. The Chief in Personnel turns down Sam's extension request. Typical Navy move, the Chief knew that Sam would be late and wouldn't even give him an extension of his leave.

Sam reports in late again this time, almost two days. Back to MAST again. A fine and restriction and processing for an administrative discharge, just like the personnel officer told Sam.

Sam writes his parents and his congressman and tells them many things that the Navy has done wrong and how suddenly with out any reason or warning, the Navy is trying to kick him out after he has worked so hard in order to obtain his VA and other benefits upon discharge. Why would the Navy want to give Sam an "OTHER THAN HONORABLE DISCHARGE"?

Sam was never in serious trouble before he came in the Navy. Oh, he had a few minor run-ins, but his parents always came to his rescue and they never did think he was a troublemaker. After all, Sam is young, and you have to overlook the things that young people do. When Sam matures he'll be alright, his parents are sure of that.

It is so hard to understand; Sam got along fine before he came in the Navy, (ask his parents, they'll tell you) now look what they are trying to do to him. Just because he broke a few silly rules. When Sam broke the rules in High School, his parents always stuck up for him - why does the Navy get so up tight? Sam was always right before he came in the Navy (his parents will swear to it) so how can he be wrong now? If Sam had not entered the Navy everything would have been alright - his parents would have seen to that. The only question is: FOR HOW LONG SAM?

Jack: "Did you hear about the artist who couldn't draw his breath?"

Mack: "No. What about him?"

Jack: "He's dead."

TAKE TIME
to SAVE TIME..



By
DOING IT RIGHT THE
FIRST TIME!

LENN HOLMAN

BATTER'S BOX

The ARMADILLOS, NRMC's league champs, were tagged out of the running for the base championship Thursday night as they bowed to AIMD 18-3. In a previous game with AIMD during this double elimination tournament the ARMADILLOS flew by them 17-2. The ARMADILLOS took their first loss from BE&E Wednesday 8-4.

Back at the Hospital league, we find the BLUE RIBBON CHAMPS in second place with a record of 15 and 5. The CHAMPS also traveled to Northside for a crack at the base title but struck out as AIMD gave them their second loss.

Beaver's MISFITS, last year's champs in both leagues, took third place in the Hospital league with 10 wins and 5 losses.

The Branch Clinic's UNDERDOGS came in fourth with 5 and 10 while fifth place went to Surgery's RABBLE ROUSERS with 3 and 12. The Officers came in sixth with 2 and 13.



Ladies interested in canning, learning or in need of equipment, will now have a place to go. A community canning center will shortly be opening its doors at 4916 West Union Road in Millington. The center is located in the old E.A. Harrell School.

There are enough steam kettles and pressure canners for 10 to 12 people to use at one time. Others may be preparing their wares at one of the work tables. Other equipment includes a pea and bean sheller, juicer, meat grinder, sterilizing unit for jars and a two-spray tank for fast cooling. There is even a playground where the children may play while mother toils.

Canners must supply their own jars, lids and any other necessary supplies they may need.

Line Drive

The 1978 Intercommand Baseball League has started the season with NRMC looking good. Coached by Bob Fanger, the guys have a record so far of 4 wins and no losses.

Their first win was 2-1 over MATSG-90 with Mark Dunn the winning pitcher. "Pete" Peterson threw out NATTC's CALYPSOS 4-2 for a second win. VP-67 was up next but struck out 11-5 as Bob Fanger tallied his first win and NRMC's third. Dunn whizzed in his second win as NRMC flew by NATTC's STUDENT ADMIN 12-3.

But, the pitchers don't get all the credit. The guys backing up our three winners are: Steve McClesky, Dan McCrary, Eddie Reyes, Bill Foster, Bruce Eshleman, John Jordan, Leotis Holloway, Mike Clayton, Jose Lopez, Craig Kerfoot, Curt McCool, Bob Conley, Al Roggerio, Al Sliger, Steve Maliszewski, Dr. Oxler, and Travis York. HMC Morrison and Al Roggerio are also assisting coaches.

With seven games remaining in this season, the possibilities of NRMC coming out on top are appearing even better. Let's help them to the championship by being there when it happens!

Dead Reckoning

In last month's issue of "The Word" responses were given to questions raised by enlisted staff members during the Cultural Expression and Military Rights and Responsibilities Workshop. Still more questions remain to be answered; first involves schedules. It is to everyone's advantage that the Nursing Service Assignment Schedule be published four weeks in advance and we strive to do this. You are then able to plan your time efficiently. The majority of changes made after a schedule has been posted are the results of requests made by individuals; a few are due to unforeseen circumstances. Recently, for example, during a two week period on the third deck, three corpsmen were on emergency leave and two were hospitalized. As luck would have it the P.M. shift was the most affected. Numerous schedule changes resulted and certainly several people were inconvenienced by short notice.

The second question concerned watches. Ward personnel comprise the only group rotating shifts (all too frequently) consequently they do not stand watches. Those personnel who work permanent days are assigned watches in accordance with NRMCIINST 1600.6G

Nursing Education has completed a cost analysis for the upcoming EMT course and the total will be \$7,568.00.

Say hello to: HA TIMOTHY STORLEY from Steger, ILL.; HA WAYNE HARKINS who calls Levitown, Pa. home; HA WILLIAM CARRASQUILLA hailing from Windsor, Ct.; HN JAMES LIPFORD from Greensboro, N.C.; and HA KEVIN HUMERICKHOUSE a native of Twining, Mi.

Goodbye to: HN LAWRENCE DORAN and HM3 NICHOLAS COBURN who start separation leave.

want adds

LOOKING FOR: Someone interested in taking over the editorial position of the Clipper, come December. Interested personnel should contact Chief Armstrong at AM3 Dawn Lawing at 5847/626.

ARTISTS TAKE HEED: The position of Hospital Illustrator will soon be open for bids. Interested personnel should contact HMC Armstrong or HM3 Smith at 5847/626.

farewell George Ann

"I've really had an education since I've been with the Navy and some I could have done without," comments Miss George Ann Sowders of her 36 plus years as a Civil Service Employee. Miss Sowders retired from her 30 year position as the Commanding Officer's Secretary August 4th.

"When children of former personnel report aboard, it's time to leave." Miss Sowders has been part of this command since Jan 1943 when she transferred from the Bureau of Aeronautics in Washington, D.C.

"The hospital was still under construction when I arrived in Memphis. We had an office where the Navy Exchange Gas Station is now located. Of course, we weren't seeing patients at that time." The hospital was completed and opened for patients in March 1943.



Miss Sowders first went to work for Patient Affairs. After working a few months in that position she transferred to Staff Personnel Service where she held the desk Miss Turnage now holds. "The commands made up their own advancement exams and they'd come in and try to bribe me for the answers," laughed Miss Sowders as she recalled her past experiences.

In May 1948, Miss Sowders became the Commanding Officer's Secretary and has served under 16 Captains; since then. "The best thing about my job is the people I've met. I've met people from all walks of life and I keep in touch with a good number of them."

Now, 30 years later she will join some of her friends as she settles in Fort Myers, Fla. However, she leaves behind her many friends who have come to love her, and will truly miss her.



Grass:

POT RESEARCH PIONEER

CALLS IT

'SURPRISINGLY DANGEROUS'

Written by: Tom Doran, Student Writer, DAILY EGYPTIAN: VOL 59 NO 74 Southern Illinois University

Norman Doorenbos, who for 10 years was in charge of growing all of the marijuana for research used in the United States and about half of the research marijuana used in the world is now the new dean of the SIU College of Science.

"Marijuana is a very complex plant. Over 40 different types of chemicals are found in it. As a result of the findings of other researchers working with marijuana which we produced, they have found some potential uses for marijuana and also found some surprisingly dangerous effects of marijuana," he said.

Marijuana affects the respiratory tract, he said, very much like cigarette smoke. Persons can get the same kinds of cancer smoking marijuana as they can smoking cigarettes. The chemicals which cause cancer are much higher in marijuana, than in cigarettes, but marijuana smokers don't smoke as many joints.

"The tragic thing is that many, perhaps most marijuana smokers, also smoke cigarettes, and it's certain that that combination is bad news," he said.

"Some studies have shown that marijuana reduces the ability of lung tissue to protect itself from bacteria. It has been shown that marijuana smoking can lead to bronchitis and emphysema. Marijuana also affects memory," said Doorenbos.

CONTINUED ON PG 6

CONTINUED FROM PG 5

Marijuana affects driving in a different way than alcohol. There are some similarities, but there are some differences.

"In particular, marijuana affects the ability to react to a new situation. A person high on marijuana can respond, generally very well to a familiar situation such as a stop sign or a red light, but if he encounters something unusual such as a car backing out of a driveway, he may not be able to make a decision as to what he should do. In that regard it is worse than alcohol," Doorenbos expalined.

Studies have shown that marijuana can cause permanent damage to the brain, if it is smoked on a regular basis for three years or more.

"It's because of the long-range effects of marijuana that former proponents of marijuana, such as Dr. Harvey Powelson, a psychiatrist at the University of California, have changed their opinions about marijuana. A few years ago Powelson wanted marijuana legalized, but now says marijuana is a very dangerous drug.

"This is not based on studies, this is based on observations of students, professors, and other people who live in the Berkley community. Psychologists tell us that it has a definite effect on emotional development, and they are tremendously concerned over the use of marijuana by teenagers or by anyone who has not reached emotional maturity. It can have a devastating effect on them, an effect that will last the rest of their lives," said Doorenbos.

"Marijauna supresses DNA biosynthesis. That's fine if you are treating a deadly disease like cancer, but this might also be a problem," he said.

He said that "many of the chemicals that depress DNA biosynthesis have been found to cause malformation of abnormal DNA and defective DNA." If this should be happening with the use of marijuana, then we may be changing the gene form of the human race and not even know that we are doing it."

There are also some concerns about the effects on the endocrine system. "The drugs in marijuana affect the biosynthesis of the male hormone. After several weeks of smoking marijuana, one can see a significant drop in the production of male hormones. Some men could become impotent, some become less masculine.

Doorenbos said that his concern is about what may happen to a male fetus in the womb of the mother who smokes marijuana during the early stages of pregnancy.

"There is a possibility that the woman's son will be sterile. That she will have no grandchildren by him because she smoked marijuana during her pregnancy. Any of the chemicals absorbed by her during her pregnancy in the lung tissue will go into the circulation of the child. If marijuana affects the adult male, it will also do it in the fetus," said Doorenbos.

"In 1967 President Johnson asked the U.S. Public Health Service to make a study of Marijuana to find out what the facts are, and just what marijuana does to people," said Doorenbos.

Doorenbos, then at the University of Mississippi, was asked to participate in the program. He grew the marijuana for research, made botanical studies of the plant, isolated various drugs and found methods of determining the potency of marijuana.

He grew more than 300 types of marijuana on the Mississippi campus for studies throughout the country.

In earlier studies Doorenbos managed to dispel certain myths about marijuana. For example everyone believed that only the female plant contained THC, the drug that induces highness. It was also thought that where the plant was grown was important.

Once a method of measuring potency had been determined, the THC in male marijuana plants was compared with the amount of the drug in female plants.

"We found approximately as much drug in male plants as female plants".

He also planted some Panama Red seed on campus, at the top of a mountain in northern New Hampshire and in the Panama Canal Zone.

BACK GAMMON

LOOKING for willing souls to risk fifty (50) cents at the backgammon board.

Pay-up when you sign-up on 5 September during lunch in Rm 009 (next to R.C.). Your "donations" will allow us to appropriately honor the ACE with the most points.

Here's catch-22. We must be willing to give up our lunch in order to compete (better than a Sat or Sun).

So bring your board (& your lunch) to 009 starting Sept 11th (don't forget the 5th) and we'll see who the luckiest is.

A d v a n c e m e n t s

HA

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R.W. JENNINGS
F.T. DOLEZAL
D.L. CROSMAN
B.L. WALKER
W.D. HIPP
G.J. BROOKS
P.L. PAYNE
J.I. CUNNINGHAM

HN

T.L. KELLEY
C.A. LUMLEY
L. SELCIS
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